

spinous process, said method being of the type wherein a device is implanted between said spinous process and said another spinous process, wherein said improvement comprises:

introducing between said spinous process and said another spinous process a device which conforms to the shape of at least one of said spinous process and said another spinous process.

91. (New) An improved method for stabilizing a spinous process relative to another spinous process, said method being of the type wherein a device is implanted between said spinous process and said another spinous process, wherein said improvement comprises:

introducing between said spinous process and said another spinous process a device which is conformable in situ to the shape of at least one of said spinous process and said another spinous process.

92. (New) An improved method for stabilizing a spinous process relative to another spinous process, said method being of the type wherein a device is implanted between said spinous process and said another spinous process, wherein said improvement comprises:

introducing between said spinous process and said another spinous process a device which is pre-formed to the shape of at least one of said spinous process and said another spinous process.

93. (New) An improved method for stabilizing a spinous process relative to another spinous process, said method being of the type wherein a device is implanted between said spinous process and said another spinous process, wherein said improvement comprises:

introducing between said spinous process and said another spinous process a device which is fillable with a material.

94. (New) An improved method for stabilizing a spinous process relative to another spinous process, said method being of the type wherein a device is implanted between said spinous process and said another spinous process, wherein said improvement comprises:

introducing between said spinous process and said another spinous process a device which has flexible walls defining a cavity capable of receiving a material.

95. (New) An improved method for stabilizing a spinous process relative to another

spinous process, said method being of the type wherein a device is implanted between said spinous process and said another spinous process, wherein said improvement comprises:

introducing between said spinous process and said another spinous process a device which acts as a shock absorber.

96. (New) An improved method for stabilizing a spinous process relative to another spinous process, said method being of the type wherein a device is implanted between said spinous process and said another spinous process, wherein said improvement comprises:

introducing between said spinous process and said another spinous process a device which acts as a shock absorber to dampen motion of at least one of said spinous process and said another spinous process.

97. (New) An improved method for stabilizing a spinous process relative to another spinous process, said method being of the type wherein a device is implanted between said spinous process and said another spinous process, wherein said improvement comprises:

introducing between said spinous process and said another spinous process a device which spreads out any forces between the device and any one of the spinous process and the another spinous process which comes in contact with the device.

98. (New) An improved method for stabilizing a spinous process relative to another spinous process, said method being of the type wherein a device is implanted between said spinous process and said another spinous process, wherein said improvement comprises:

introducing between said spinous process and said another spinous process a device which is comprised of a shape memory material.

99. (New) The improved method of claim 98 wherein:

said introducing step wherein said device having an introduction shape and a final implanted shape and wherein said device is first put into the introduction shape at the beginning of the introducing step and then allowed to assume the implanted shape relative to at least one of said spinous process and said another spinous process.

100. (New) The improved method of claim 98 wherein:

said introducing step includes using a material which changes shape according to

temperature.

101. (New) A method for relieving pain associated with the spine comprising the steps of:

introducing a device between a spinous process and another spinous process, which device includes a flexible wall which defines a cavity; and
filling the cavity with a material.

102. (New) A method of relieving pain associated with the spine comprising the steps of:

introducing a device relative to a spinous process and another spinous process, wherein said device has a first configuration and a second configuration, and the introducing step includes introducing the device in the first configuration; and
allowing the device to reconfigure to the second configuration.

103. (New) The method of claim 102 including:
said allowing step allows the device to reconfigure about one of the spinous process and the another spinous process.

104. (New) The method of claim 102 including:
said allowing step allows the device to reconfigure between the spinous process and the another spinous process.

105. (New) The method of claim 102 including:
using an introduction tool in order to introduce the device relative to the spinous process and the another spinous process in the first configuration; and
removing the introduction tool in order to allow the device to reconfigure to the second configuration.

106. (New) The method of claim 102 including:
said removing step allow the device to reconfigure about one of said spinous process and said another spinous process.

107. (New) The method of claim 102 wherein:

prior to said introducing step is the step of causing the device to come to a first temperature associated with the first configuration; and

said allowing step allows the device to come to a second temperature when placed relative to the spinous process and the another spinous process in order that the device reconfigures to the second configuration.

108. (New) A method for relieving pain associated with the spine comprising the steps of:

introducing a device relative to a spinous process and another spinous process which device is able to dampen relative motion between the spinous process and the another spinous process; and

not connecting the device to either of the spinous process or the another spinous process.

109. (New) An improved method for stabilizing a spinous process relative to another spinous process, said method being of the type wherein a device is implanted between said spinous process and said another spinous process, wherein said improvement comprises:

introducing between said spinous process and said another spinous process a device comprised in part of a flexible and compressible material.

110. (New) The improved method of claim 109 wherein:

said introducing step acts to compress the device.

111. (New) The improved method of claim 109 wherein:

said introducing step acts to compress the device in order to be adapted to distract and/or maintain its distribution between the spinous process and the another process.

112. (New) An improved method for stabilizing a spinous process relative to another spinous process, said method being of the type wherein a device is implanted between said spinous process and said another spinous process, wherein said improvement comprises:

introducing between the spinous process and the another spinous process a device which is adapted to distract apart the spinous processes without altering the spinous